Health pg 14

The long and short of hair length

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VANCOUVER • TUESDAY, APRIL 27, 2010 metronews.ca

Celebrity Buzz

Mayer done with Twitter?

pg 18

Tix for round 2 against Hawks on sale today

NHL The Vancouver Canucks will aim for a measure of revenge when they take on the Chicago Blackhawks in the second round of the 2010 Stanley Cup Playoffs.

About 1,000 single-game tickets to second-round games go on sale to the public at noon today.

The Blackhawks, who ousted the Canucks in the second round last year, defeated the Predators last night 5-3 in Nashville. They won the best-of-seven series 4-2.

Ticket prices begin at $150 and will be sold online at ticketmaster.ca.

METRO VANCOUVER

Beauty pg 12

Picking right scent for mom

On the web

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KRISTEN THOMPSON/METRO VANCOUVER

A man poses with a topless woman, who would only identify herself as Amy, at Boobquake outside the Vancouver Art Gallery yesterday. The event, meant to poke fun at an Iranian cleric who claimed earthquakes were caused by immodestly dressed women, was attended mostly by men taking pictures with their camera phones.

Boobquake becomes 'gong show': Supporter

Women's rally overtaken by gawking, picture-taking men

LAURA FORTEY
for Metro Vancouver

The only tremors that could be felt at yesterday's Boobquake were caused by the stampeding of hundreds of men as two women flung their tops off.

One supporter, Marley Wilson, came wearing a low-cut top. She said that once at the Vancouver Art Gallery lawn she changed her mind about participating, calling the rally a "sick gong show."

"This is the issue with being a woman and wanting to express your sexuality ... people just want to gawk at you, they're not really here to support you," said Wilson.

Boobquake was launched last week by an Indiana student in response to an Iranian cleric who claimed women who dress suggestively cause earthquakes. The idea was to show some cleavage or a little ankle for women's rights.

"I don't think these people are here to support women being empowered ... they're just wanting to see some boobs," said Wilson, her coat done up all the way to the top.

ShareYourViews
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Boobquake Vancouver organizer Angela Squires was hoping to draw attention to silly claims and get the public to think critically.

"We just want to draw attention so that people think about what they are hearing ... and question it," said Squires.

The demonstration attracted many guys yielding cellphone cameras, hoping to capture more than just cleavage.

Tahmineh Sadeghi, a woman originally from Iran, said women's bodies are always a taboo in the Islamic country.

"They have moral police to force women to cover themselves. This is not a choice for many women," said Sadeghi.

She said Vancouver's reaction to Boobquake shows that women's bodies are also taboo here.

"I'm sure this is a joke for many people ... they all just came to see women's boobs," said Sadeghi.

Speedy backtrack on L.A. bet

HOCKEY The host of cancelled reality TV show Blind Date is reneging on a Canucks-Kings playoff bet that would have seen him appear on a popular L.A. morning show wearing nothing but a Speedo.

Roger Lodge, sports guy on KTLA Morning News, told viewers yesterday he was backing away from a bet he made with Vancouver TV personality Riaz Meghji to wear a Speedo on-air if the Canucks won the best-of-seven series.

Viewers have started a Facebook page and have even dubbed the reneged bet Speedogate.

Meghji, co-host of CityTV's Breakfast Television, said BT producers originally contacted the KTLA morning show about a friendly bet that would see jerseys of the winning team worn on air.

It was Lodge, however, Meghji said, who decried the bet as "too wimpy" and upped the ante into the realm of banana hammocks. (The Kings, keep in mind, were ahead in the series 2-1 at that point.)

"It's one thing to call my bet out for being a wimpy bet, but when you up the ante and don't hold your word — I have an issue with integrity," Meghji said.

"That's all it is. I just want to see some integrity."

JEFF HODSON/METRO VANCOUVER

PHOTO COURTESY BT

Riaz Meghji with the red thong that Breakfast Television is sending to former Blind Date host Roger Lodge.

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Local

Join in on Canucks Day celebration

Mayor Gregor Robertson has declared today Canucks Day. Robertson will be joined by Canucks owner Francesco Aquilini, president Mike Gillis and mascot Fin at city hall to raise the Canucks flag and hand out white towels to fans.

METRO VANCOUVER

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Girl, 7, in fair condition after near-hanging

CLOSE CALL A seven-year-old girl is in fair condition in hospital after nearly being hanged on a slide in the backyard of her home in White Rock.

Misty Sandhoff was playing on the slide on Sunday when a rope got tangled around her neck.

The RCMP said she was in critical condition when she was taken to B.C. Children's Hospital in Vancouver. But the hospital says Misty is now in fair condition and conscious, though she may be uncomfortable.

The hospital statement does not list the extent of her injuries but says her vital signs are stable and there are favourable indicators for her recovery.

THE CANADIAN PRESS

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WHAT'S ONLINE TODAY

Video Delay in hearing to lift entry ban from controversial British MP George Galloway does little to dull debate at **metronews.ca/canada**

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Terminally ill man finds refuge online

Richmond father reaching out on blog

In his first online post, Richmond father and new blogger Matthew Chan called his terminal cancer diagnosis the "beginning of another voyage."

"It's funny that I have no anger and no denial inside me," he wrote on that day two months ago, just after learning he had less than a year to live.

"I did not even ask why."

When Chan was diagnosed, he was working with SUCCESS on a program called New Life Force to help people cope with life crises, including illness and death.

That irony has not escaped him.

"I found this happened like a plan," he said. "I didn't plan for it, but someone up there did."

Chan started his blog, matthew-life-o-life.blogspot.com, to work through his thoughts and fears and said it's become a life-changing project that lets him connect with other people touched by terminal illness.

"Blogging is ... mutually supportive. I find it encouraging because (readers) say they are also trying to rediscover the meaning of their own lives."

He said there's no course that teaches us how to cope with death and he hopes to promote a more frank discussion of the issue.

"(People) don't like to talk about death. That makes the end stage of life extremely challenging and difficult."

Chan said while he's taking his diagnosis in stride, he's still learning to cope and is finding blessings in the smallest things.

"I ask myself almost every morning how I'm going to enjoy today. The answer to that question is different for other people. I'm still learning."

He said that while his body weakens, he's stronger spiritually than he has ever been thanks to the love of his family, friends and readers.

"The people I've reached out to in my blog, can you thank them for me?" he said, breaking down in tears. "Because some of them I don't even know."

PHOTO COURTESY MATTHEW CHAN

Matthew Chan takes a break from chemotherapy on March 10. He said he made an effort to shave so he would look his best.

65 Red Roses

- Eva Markvoort, 25, who died of organ rejection in Vancouver in March, shared her fight with cystic fibrosis on her popular blog, 65redroses.livejournal.com.

Granville Mall closing to vehicles on weekend nights

RESTRICTION The Granville Mall will be closed to vehicles on weekend nights this summer.

The closures, which extend from 9 p.m. to 5 a.m., begin Friday and will run until October.

Over the past couple of years, Vancouver police have experimented with closing the entertainment district to traffic in an effort to reduce drunken fighting and violence.

According to police, the trial closures resulted in a noticeable drop in violence, partly because people are able to move around more freely.

METRO VANCOUVER

Legislation mandates reporting of gunshot, stabbing wounds

DISCLOSURE The province yesterday introduced legislation that would require hospitals to report all gunshot injuries and non-accidental stab wounds to police.

Solicitor general Michael de Jong, who introduced the Gunshot and Stab Wound Disclosure Act, said that timely reporting of these injuries will help police expedite their investigations.

"Mandating the rules for reporting means there will be consistent reporting of violent situations involving guns or knives across the emergency health-care system," he said.

From 1999 to 2008, 34 per cent of homicides in British Columbia were committed with a gun and 25 per cent with a knife, according to the Canadian Centre for Justice Statistics.

Saskatchewan, Manitoba and Alberta require hospitals to report gunshot and stab wounds.

Ontario, Nova Scotia and Quebec have enacted mandatory gunshot reporting.

METRO VANCOUVER

News in brief

PETITION The Canadian Taxpayers Federation presented a 46,000-name petition to Human Resources Minister Diane Finley yesterday demanding that the federal government stop providing old-age security and guaranteed income supplement to prisoners like Clifford Olson.

GEORGIA STRAIT An environmentalist who attempted to cross the Strait of Georgia on a paddleboard to raise awareness about sewage pollution in the strait will make a second attempt tomorrow. Markus Pukonen plans to leave Whytecliff Park at 5:30 a.m. for Nanaimo.

METRO NEWS SERVICES

Bloedel Conservatory holding fundraiser
The Bloedel Conservatory is holding a fundraiser on-site tomorrow to keep the building open. The event, which is taking place at the floral conservatory, starts at 7:30 p.m. and includes champagne and live music. Tickets are $20 in advance. METRO VANCOUVER

Cat remains spark loose coyote scare

LAURA FORTEY
for Metro Vancouver

A coyote is being blamed for cat remains found scattered in the Kitsilano Beach area last week.

Karen Duncan, president of the Vancouver Orphan Kitten Rescue Association, told Metro yesterday she believes a coyote is on the loose.

"We all know that there's a heck of a lot more coyotes here now than there used to be and that's generally what happens to cats when people never find them," said Duncan.

So far, there have been coyote sightings, but no proof that one is killing cats. Duncan is urging people to let pets out during the day only and to learn how to react to seeing a coyote. "A lot of cats just disappear. Dogs have been grabbed, or people (with dogs) have been followed," Duncan claimed.

Phil Dubrulle, co-ordinator of Co-Existing with Coyotes, said the animals stay in areas where they can find food. He's holding a public seminar sponsored by the Stanley Park ecology centre at Maryhill Elementary School in Port Coquitlam after a child in that city was attacked on a playground by a coyote last summer.

"We tell people to stomp the ground, make yourself look bigger," said Dubrulle.

He said it's important to shout "go away coyote," to alert others there's an animal around. "Never run away from a coyote. By not doing anything you are teaching that coyote that we are not to be feared."

"Never run away from a coyote. By not doing anything you are teaching that coyote that we are not to be feared."
Phil Dubrulle, co-ordinator, Co-existing with Coyotes

Board votes for longer school days, shorter year

EDUCATION The Vancouver School Board voted last night to cut the school year by 10 days to help balance an $18-million budget deficit. To make up for the time, the board is lengthening school days by 16 minutes for elementary students and by 18 minutes for high school students. Five of the days being eliminated will be added on to spring break in March. METRO VANCOUVER

Lions Gate Bridge **Solid support**

LAURA FORTEY/FOR METRO VANCOUVER

Two men check out stone lions sporting Vancouver Canucks jerseys at the entrance to the Lions Gate Bridge yesterday. The "fashionable" lions also wore giant red mittens during the Winter Olympics earlier this year.

Libs eye HST as law this week

TAX The B.C. Liberals say they're determined to make their controversial harmonized sales tax law this week, despite the thousands of British Columbians who have already signed a petition to repeal the tax.

The HST will combine the current seven per cent provincial sales tax with the five per cent federal Goods and Services Tax.

"We knew when we were making the decision that this was going to be politically very difficult even though it is the right economic policy, and it's the right public policy," said Finance Minister Colin Hansen.

The federal government offered British Columbia $1.6 billion over three years to switch to the HST.

Liberal House Leader Mike de Jong said the Liberals are prepared to use legislative force to ensure a vote this week, but he did not say they would evoke closure, which would force an end to debate in the legislature.

Former Social Credit premier Bill Vander Zalm, who is organizing a grassroots campaign against the tax, said if the Liberals go ahead with the HST they will face the consequences in the next provincial election.

His volunteer-run HST repeal petition has already received 145,000 signatures, he said. Vander Zalm needs the signatures of 10 per cent of the registered voters in each of the province's 85 ridings to be successful. The former premier has until July to sign up the more than 300,000 voters. THE CANADIAN PRESS

Halifax ex-pat charged in fatal shooting

CRIME A former Halifax man was charged yesterday with murder for a fatal shooting last month at a McDonald's restaurant in Surrey.

Daon Gordon Glasgow, 26, was arrested Friday and was charged with one count of second-degree murder in the shooting death of Terry Blake Scott, 39, at the McDonald's at the corner of 110th Avenue and Scott Road.

RCMP Cpl. Dale Carr, a spokesman for the province's integrated homicide investigation team, said video surveillance from the McDonald's played a significant role in the investigation.

According to a police statement, the shooting occurred around 6 p.m. on March 27 after an altercation broke out between two men at the rear of the restaurant, near the washrooms.

The shooter, a young man in his 20s with a scruffy beard, ran from the restaurant on foot, fleeing north. Police said the shooting was linked to the street-level drug trade.
JEFF HODSON/METRO VANCOUVER

News in brief

RED LIGHT CAMERAS ICBC is expanding its red light camera program provincewide, with 140 new cameras being installed to catch drivers who run red lights. There are currently 120 cameras at different intersections in B.C., but only 30 are active.

CORPSE DISCOVERED A body has been pulled from Skaha Lake near Penticton after scuba divers discovered a rusted car in the water, during a cleanup of the lake. The unidentified body may have been in the car for decades.

TRAFFIC SAFETY The B.C. RCMP is releasing high definition footage of a series of simulated crashes conducted in Terrace that could revolutionize the way police investigate traffic accidents. The 32 experiments, the first of their kind, allowed investigators to assess safety. METRO NEWS SERVICES

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Melting ice reveals ancient hunting tools

Melting ice pockets high in Canada's Arctic mountains are revealing details of how hunters stalked caribou in the region thousands of years ago. The melting ice has revealed a 2,400-year-old spear, a 1,000-year-old squirrel snare and bows and arrows more than 800 years old. THE CANADIAN PRESS

Canada/World

No abortion cash

Decision could put Canada at odds with G8

Canada won't support funding for abortions in the developing world as part of a family planning initiative, International Co-operation Minister Bev Oda confirmed yesterday on the eve of a meeting with her G8 counterparts in Halifax.

Oda said Canada's contribution to the meeting could involve family planning and contraceptive methods, but not abortions.

"The details remain to be determined," she said. "However, Canada's contribution will not include funding of abortions."

Her declaration means a debate over abortion could threaten a bid to find a consensus at the two-day meeting, which is expected to focus on improving the health of mothers and children in poor countries.

Critics have said Canada's position could conflict with the U.S. and other G8 partners who say abortion can't be separated from family planning, though Oda said this won't be the case.

Ontario Liberal MP Bob Rae said the Tories' position is ridiculous. "They say, 'We don't want to reopen the abortion debate.' Well, they just did."

THE CANADIAN PRESS

ANDREW VAUGHAN/THE CANADIAN PRESS

International Co-operation Minister Bev Oda said Canada won't fund abortion as part of its G8 child- and maternal-health plan for poor countries.

New poll suggests three-horse race

POLITICS The Harper Conservatives have sunk to their lowest level of support in a year, dipping below 30 per cent amid the furor over the Guergis-Jaffer scandal.

A new poll by The Canadian Press Harris-Decima puts the Tories at 29 per cent, down three points from early April — and into a statistical tie with the Liberals, who are down two points at 27.

The survey suggests Canadians are looking more favourably at the NDP as they become increasingly disenchanted with the two main parties. The New Democrats rose three points to 20 per cent

THE CANADIAN PRESS

Rage over company's plan to test on animals

ASIA An Indian bio-tech company's plans to set up laboratories for testing dogs and primates in Malaysia have angered animal rights groups who say the trial subjects could face suffering because the country has no regulations on animal research.

India's Vivo BioTech Ltd. inked a 450 million ringgit ($141 million) joint-venture deal in January to set up a biotechnology centre in southern Malacca state to develop and manufacture medicine. The centre will include laboratories where trial medicines will be tested on animals.

Activists say tougher regulations on animal testing in the West are pushing companies to outsource to Asia, where there are lax regulations and cheaper costs. In a joint statement, Malaysia's Society for the Prevention of Cruelty to Animals, the British Union for the Abolition of Vivisection and the European Coalition to End Animal Experiments cried foul over the project because Malaysia has no laws protecting the welfare of animals used in experiments. In the statement, the groups said they opposed the proposed facility for "both ethical reasons and the lack of scientific validity of using animals in testing." THE ASSOCIATED PRESS

No comment

Vivo officials declined to comment on the issue yesterday, while Malacca state officials couldn't be immediately reached for comment.

Belarus **Remember the past, fight for the future**

SERGEI GRITS/THE ASSOCIATED PRESS

In the heavily policed central square in Minsk, Belarus, about 2,000 demonstrators gathered yesterday for a rally to commemorate the Chernobyl nuclear disaster. Demonstrators held aloft opposition flags bearing slogans such as "Dictatorship is like another Chernobyl" and "You cannot stop radiation with decrees."

Polish president's twin to run for his position

POLITICS Polish opposition party leader Jaroslaw Kaczynski says he will run in early presidential elections called after his twin brother was killed in a plane crash. The elections were called for June 20 after President Lech Kaczynski, his wife and 94 others were killed April 10 in western Russia.

"The good of Poland is a common duty that requires an ability to overcome personal suffering, to undertake the task despite a personal tragedy" Jaroslaw Kaczynski said.

THE ASSOCIATED PRESS

Alleged polygamy an unlikely hot topic in French veil ban debate.

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America's funniest video is Canadian

TELEVISION An Ontario toddler is a hit in Hollywood after a video of the dancing tot won the grand prize on America's Funniest Home Videos.

Keegan Adair and his parents Brendan and Rhonda of Lively, Ont., near Sudbury, won $100,000 for a video of Keegan imitating a dancing doll. Brendan Adair says he entered the video to the popular show on a whim, after somebody suggested it.

THE CANADIAN PRESS

News in brief

HEARING A Federal Court hearing in Toronto examining the case of British MP George Galloway — who has been denied entry to Canada — has been put on hold until tomorrow after his lawyer suffered a foot injury. THE CANADIAN PRESS

News in brief

TOXIC SOFAS A British court says hundreds of people who received chemical burns from leather sofas will share 20 million pounds, or about $30 million, in compensation. The customers took legal action after complaining of skin and eye problems or breathing difficulties from the Chinese-made furniture, dubbed "toxic sofas."

NEW YORK A homeless man who was stabbed when he rushed to assist a woman being attacked on a New York City street died on the sidewalk as pedestrians strolled by, apparently unaware or uncaring that he needed help. Police are investigating.

THE ASSOCIATED PRESS

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Worth mentioning

Swashbuckling politics

Pirate Party of Canada sails onto legislative scene

Yar! There be a new party on the high seas of Canadian politics.

The Pirate Party of Canada can now run buccaneers in the next federal election, where it says it will run on a platform of measures to fight copyright laws.

Canada's chief electoral officer, Marc Mayrand, granted the Pirates eligible party status April 12.

They will officially join the 19 other registered parties as long as they field at least one candidate in the next election.

The party broke the news to its "maidens and gentlepirates" earlier this month.

"After 10 months of dedication and hard work, we have reached eligible status, which only leaves a 60-day 'purgatory' period," says a statement on the Pirates' website.

"After that, we will field candidates in subsequent federal elections, and begin the real work of a political party."

The Canadian Pirate Party's founders want to make it legal to copy songs, books, movies and artwork for private, non-commercial use.

The party also wants to ban patents on software, life forms and plants, and stretch Canada's privacy laws to cover all digital data.

Parties that want to run in federal elections must be registered with Elections Canada.

Being registered means the Pirates can issue tax receipts for political contributions, and they must report their finances to the elections watchdog.

"What this party has done is they've cleared all the paperwork," said Elections Canada spokesman John Enright.

"So they've gone through all of the administrative hurdles, barring the nomination of a candidate at election. And that will make them a registered political party."

The Pirate Party was founded last June. It's modelled after Sweden's Pirate Party, the country's third-largest party, which won a seat in last year's European Parliament elections.

"We need a world ... where artists and inventors are free to create without the chains of mismanagement and executive privilege," says a statement on the Canadian party's website.

"We need to foster technological development in all fields of everyday life, in an open manner.

"We need to bring focus to the privacy of the individual while shedding light on the work that government does so that we can avoid hidden laws and treaties that attack Canadians."

Pirate Party Leader Jake Daynes wasn't immediately available to comment.

The Pirates will join other, lesser-known registered parties such as the Marijuana Party, the Rhinoceros Party, the Work Less Party and the Animal Alliance Environment Voters Party of Canada.

THE CANADIAN PRESS

MICHAEL DE ADDER

Research

Four bad habits can age you by 12 years: Study

Four common bad habits combined — smoking, drinking too much, inactivity and poor diet — can age you by 12 years, sobering new research suggests.

The findings are from a study that tracked nearly 5,000 British adults for 20 years, and they highlight yet another reason to adopt a healthier lifestyle.

Overall, 314 people studied had all four unhealthy behaviours. Among them, 91 died during the study, or 29 per cent. Among the 387 healthiest people with none of the four habits, only 32 died, or about eight per cent.

The risky behaviours were: Smoking tobacco; downing more than three alcoholic drinks per day for men and more than two daily for women; getting less than two hours of physical activity per week; and eating fruits and vegetables fewer than three times daily.

These habits combined substantially increased the risk of death and made people who engaged in them seem 12 years older than people in the healthiest group, said lead researcher Elisabeth Kvaavik of the University of Oslo. The study appeared in yesterday's Archives of Internal Medicine. THE ASSOCIATED PRESS

Noteworthy

Web shifting doc, patient power balance

Rebecca Cooney may have a debilitating, degenerative disease, but that doesn't mean she's ready to automatically defer to the authority of the medical community.

"I've never been a person who thinks somebody else can make decisions for me. Even my doctors — they're the experts, I take what they say, but I have my own mind and my own information," says Cooney, 42, who has been living with multiple sclerosis for the past 18 years.

"I'm not one that believes the pope is the only one who can speak to God. I can speak to God myself."

There have always been patients with Cooney's independent bent. But these days there seem to be hordes of them, due in large measure to the extraordinary reach of the Internet.

"The Internet — email — has really allowed me and most of the MS patients to really work in conjunction with the doctors ..." Rebecca Cooney, MS patient

A technology that makes a pioneering or profiteering clinic somewhere overseas a mere Google search away, the Internet is changing the nature of patient advocacy. It's amping up the activism.

And those more activist patients, who share information and strategies through e-mail, discussion boards and Facebook, are in some cases altering the research agenda in fields such as cancer, alternative medicine and now multiple sclerosis.

Some want access to experimental drugs or therapies before science has proven they are safe or useful. In other cases, they are agitating for a say in which theories, techniques or treatments get research funding.

Patients like Cooney are thrilled about what she describes as the huge power shift she has seen in the years since she was first diagnosed.

"The Internet — e-mail — has really allowed me and most of the MS patients to really work in conjunction with the doctors, which we've never been able to do," she says.

"It used to be almost what your neurologist said or what your doctor said was God. You couldn't really debate it. You couldn't say anything. Because you didn't know.

"Now, I'm empowered. I can find out information."

Other players are not so enthusiastic, saying the change is fostering tension within disease advocacy organizations and between doctors and their patients.

THE CANADIAN PRESS

Quote of the Day

"Canada's contribution to child and maternal health may include family planning. However, Canada's contribution will not include funding abortion."

— MP JIM ABBOTT, PARLIAMENTARY SECRETARY TO INTERNATIONAL CO-OPERATION MINISTER BEV ODA, AFTER THE HARPER GOVERNMENT SAID IT WON'T FUND ABORTION AS PART OF ITS G8 CHILD- AND MATERNAL-HEALTH PLAN FOR POOR COUNTRIES. THE CANADIAN PRESS

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Aeroplan buys into Mexico market

Groupe Aeroplan is spending up to $34 million US to buy a minority stake in AeroMexico's frequent flyer program, Club Premier. THE CANADIAN PRESS

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Homebuyers OK with debt: Survey

The Bank of Canada may be concerned about the level of debt homeowners are assuming, but consumers who have recently taken out or renewed their mortgage are not.

A new online survey of Canadians active in the mortgage market, including first-time buyers, shows the vast majority are not only comfortable with their level of debt, but two-thirds think they will pay their loans off sooner than required.

The annual survey by Canada Mortgage and Housing Corporation also suggests that Canadians are savvy consumers when it comes to buying a home.

On average, consumers surveyed say they took a year to think through their decision and 89 per cent said they used the Internet to research mortgage options.

81 The Canada Mortgage and Housing Corporation survey found that 81 per cent are "comfortable" with their level of debt.

According to the CMHC, nine in 10 new buyers believe ownership is a good long-term investment and that now is a good time to purchase a home.

The housing market has been one of the mainstays of the economic recovery, with prices and sales already back, and in some markets, beyond pre-recession levels.

Among first-time buyers, 85 per cent said they had a good understanding of how much of a mortgage they could afford.

THE CANADIAN PRESS

RIM faces challenges

TECH BlackBerry-maker Research In Motion heads into its annual industry showing of new products today in Orlando, Fla., and it's expected to update some devices, add new product and, perhaps, offer a few surprises.

The Waterloo, Ont.,-based company is facing some of its fiercest competition yet. In the past year, both the iPhone and Google's Android smartphones have gained notable shares in the smartphone market, which RIM used to clearly dominate.

THE CANADIAN PRESS

ScanLife

How did the Huffington Post go from celebrity bloggers to a dominant Internet news source?

Scan this code for the story.

Learn how to scan on the Local page.

Your Money

7 extra homebuying costs

AlisonOnMoney

Spring may be the season of love but it is also the season of nesting. Last week I started a list of extra homebuying expenses. Here are seven more.

1 Replacements: Curtains and rugs come in standard sizes but, amazingly, when you move they never seem to fit the new nest. And the drapes from the previous owner never match your furniture.

2 Condo costs: These can include a parking spot if one doesn't come with the unit and the monthly condo fee paid in advance.

3 Commuting: If you are moving out of town factor in the additional costs of commuting.

4 Moving: Before you buy get estimates for your prefered locations. Do-it-yourself moving is cheaper but costs include the moving van, gas, broken items and worn out friendships.

5 Repairs: You know how it goes. The real estate agent sails through the house noting that a little paint here, a bit of carpentry there and you have an Elle Decor worthy abode. Take a camera with you to record what repairs must be made and also those you would like to make. Pass these on to the home inspector, most of whom will provide estimates for repair or replacement of common items.

6 Insurance: Necessary but often forgotten while calculating monthly payments. Get at least two estimates and make sure you inquire about the need for riders for items such as jewelry, high-end bicycles, art and antiques. Cost is variable depending on replacement value of house, contents and coverage.

7 Tax: Last, but not least, new construction will be subjected to GST/HST. In Ontario and B.C., the HST debuts July 1 but there are rebates to alleviate or eliminate the pain. Go to hstincanada.com.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at griffiths.alison@gmail.com.

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Trinidad..... 4.9
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Deciphering an asparagus

Asparagus spears can be thick or thin, but which diameter tastes better? Slender doesn't mean tender. Thin and thick stalks can be equally tender although the thick ones are meatier. THE CANADIAN PRESS

Food

What's the scoop?

Fans of ice cream who are clever with words now have a chance to link their brains and taste buds by coming up with a moniker for the newest flavour created by Ben and Jerry's. The flavour is a combination of vanilla ice cream, fudge-covered waffle cone pieces and a fudge swirl. It has been temporarily named We are Waffling, but the company wants fans to visit its Facebook fan page and serve up their own name. For more information, visit benjerry.ca. THE CANADIAN PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Personal Gourmet recipe of the month — ROSE REISMAN

Have friends over for brunch

Cobb salad wraps with tomatoes, avocado and black beans

A cobb salad traditionally has loads of chicken, blue cheese, bacon and heavy dressing. I've lightened up this classic and tossed the main ingredients into a wrap. It's delicious. **SERVES 8**

INGREDIENTS:

- 8 oz skinless boneless chicken breasts (about 2 breasts)
- 1/2 cup diced plum tomatoes
- 1/2 cup diced red bell pepper
- 1/2 cup diced ripe avocado
- 1/3 cup canned black beans, drained and rinsed
- 1/4 cup finely chopped green onions
- 1/4 cup chopped parsley
- 4 tsp lemon juice
- 1 Tbsp low-fat sour cream
- 1 Tbsp olive oil
- 1 tsp finely chopped garlic
- 1/2 tsp hot chili sauce
- pinch of salt and pepper
- 1/2 cup shredded aged light cheddar cheese
- 4 large whole wheat flour tortillas

Cobb salad wraps with tomatoes, avocado and black beans.

METHOD:

1. Lightly coat a non-stick grill pan with vegetable spray and set over medium heat. Grill the chicken for 4 minutes on each side or until no longer pink. Cool slightly, then slice thinly.
2. Combine the tomatoes, red pepper, avocado, black beans, green onions and parsley in a large bowl. Add the lemon juice, sour cream, olive oil, garlic, chili sauce, salt and pepper and mix well.
3. Spread one-half of each of the tortillas with some of the tomato mixture. Top with slices of chicken and the shredded cheese. Fold in 2 sides and roll up. Place the wraps in a clean grill pan and cook for 5 minutes, turning halfway, just enough to warm through. (Or heat in a 400°F oven for 5 minutes until warm.) Cut in half and serve.

Spinach salad with cinnamon almonds, strawberries and goat cheese

This salad is perfect for entertaining with all its vibrant colors, flavors and textures. The combination of spinach, spiced nuts, strawberries and goat cheese gives it loads of character. Prepare the almonds in larger quantities and keep in an airtight container for up to 2 weeks. **SERVES 8**

INGREDIENTS:

Cinnamon Almonds:

- 1/4 cup whole almonds
- 1/4 cup packed brown sugar
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp ground ginger

Salad:

- 8 cups baby spinach
- 1 cup thinly sliced red bell pepper
- 1 cup sliced strawberries
- 1/2 cup crumbled goat cheese (about 2 oz)

Dressing:

- 1 1/2 Tbsp apple cider vinegar
- 1 Tbsp olive oil
- 1 Tbsp apple juice concentrate
- 1 tsp brown sugar
- 1/2 tsp chopped garlic
- 1/2 tsp Dijon mustard
- 6 oz grilled sliced chicken or shrimp (optional)

METHOD:

1. Preheat the oven to 350°F. Line a baking sheet with foil and lightly coat with cooking spray.
2. Rinse the almonds with cold water. Drain but do not let them dry. Place them in a bowl and add the brown sugar, cinnamon, nutmeg and ground ginger. Toss to coat. Spread out on the prepared baking sheet and bake for 15 minutes, tossing once. Let cool, then remove from the baking sheet and chop coarsely.
3. Place the baby spinach, red pepper, strawberries and goat cheese in a large serving bowl.
4. Prepare the dressing by whisking together the apple cider vinegar, olive oil, apple juice con¬centrate, brown sugar, garlic and mustard in a small bowl. Pour the dressing over the salad and toss. Top with the chopped almonds. Serve topped with grilled chicken or shrimp, if desired.

About Rose

Rose Reisman is an author, media personality, nutritionist, and the inspiration behind a fresh food delivery service, Personal Gourmet, and new website, The Art of Living Well. Visit Rose at rosereisman.com & personalgourmet.ca

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Summer sipper

While in the Veneto region of Italy earlier this month I had a chance to take a side trip to Tuscany and its über famous region of Chianti. You can blame its popularity on those tubby, straw-wrapped bottles or that it was Hannibal Lecter's favourite fava bean affinity; either way everyone has heard of the place.

I made a bee-line for the sub-region of Classico (which in wine speak means the oldest, and some would say best, part of the area) to check out Castello di Gabbiano — a modern winery with an incredible 12th century castle as a centerpiece that overlooks the vineyards from its hilltop perch.

Gabbiano's liquid personality is traditional with a contemporary sensibility and the **2008 Chianti DOCG** ($12.95 - $16.99) shows that balance with its soft cherry fruit and bright ripe flavour that sees no oak aging and is made from 90 per cent sangiovese — Chianti's signature grape.

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Masterton finalists named

Tampa Bay Lightning defenceman Kurtis Foster, San Jose Sharks forward Jed Ortmeyer and Washington Capitals goalie Jose Theodore are the finalists for the Bill Masterton Memorial Trophy. The award is given to the NHL player who best exemplifies the qualities of perseverance, sportsmanship and dedication to hockey. THE CANADIAN PRESS

Sports

Howard signs hefty deal

Ryan Howard agreed to a $125-million US, five-year contract extension through 2016 with the Philadelphia Phillies yesterday that includes a club option for 2017. The 30-year-old slugging first baseman will have a $25-million guaranteed average salary, which will be baseball's second-highest behind Alex Rodriguez's $27.5-million average. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

STEPHEN DUNN/GETTY IMAGES

Vancouver Canuck Daniel Sedin celebrates Sunday after scoring the go-ahead goal against the Los Angeles Kings during Game 6 of the Western Conference quarter-finals in Los Angeles.

Comeback Canucks can't be counted out

The Vancouver Canucks often enter third periods down, but they never feel like they're out.

The Canucks were Comeback Kids during the regular season and have continued that trend in the playoffs.

"For some reason, in some games, this group needs to be down to start playing the game we are capable of playing," centre Ryan Kesler said yesterday.

"We know our offence is probably the strongest it's been. We have a lot of lines that are very confident and we know we can put the puck in the net."

The Canucks trailed 2-1 after 40 minutes but beat the Kings 4-2 Sunday to clinch the best-of-seven Western Conference quarter-final series in six games.

In Game 4, Vancouver trailed 3-2 after the second period but won 6-4 to tie the series 2-2.

"Our players have proven through the season, and again in the playoffs, they are a very resilient group," said coach Alain Vigneault.

"They don't quit. As long as there is life, they keep pushing. To come back in the regular season is something.

"To come back in the playoffs is even more challenging. Our guys were able to do it twice on the road."

It's no wonder the Canucks don't fret when down heading into the third. Vancouver led the NHL during the regular season with 11 wins when after trailing following two periods.

"We've come from behind so many times, it builds confidence," said defenceman Kevin Bieksa, who tied Sunday's game early in the third period with his first goal of the playoffs.

THE CANADIAN PRESS

Last night in the NHL playoffs

- Mike Cammalleri scored two early goals and Jaroslav Halak made 53 saves as the Montreal Canadiens staved off elimination with a 4-1 victory over the Washington Capitals. The best-of-seven first-round series is tied 3-3.
- David Krejci had two goals and one assist to lead Boston to a 4-3 victory over the Buffalo Sabres in Game 6 of their first-round playoff series and put the Bruins in the Eastern Conference semifinals.

Hawks finish Preds, set up Vancouver rematch

Chicago wins 4-2

Hawks 5 Predators 3

NHL Jonathan Toews scored a power-play goal to cap a wild first period, and the Chicago Blackhawks held on for a 5-3 victory over the Nashville Predators last night and advanced to the Western Conference semifinals for the second straight year.

The Blackhawks won the final three games of the series, setting up a second-round matchup with the Canucks for the second consecutive season.

Chicago hasn't lost a Game 6 with the chance to eliminate an opponent since 1995.

Nashville has been eliminated in all five of its post-season appearances on home ice.

The Predators, who blew a lead with 13.6 seconds left in regulation in Game 5 on Saturday, scored three more goals than they had in two previous Game 6 losses.

But they couldn't beat Antti Niemi in the final two periods even when getting three power plays within 4:29 of the third.

THE ASSOCIATED PRESS

Sports in brief

NHL New Jersey Devils coach Jacques Lemaire has retired following his team's first-round playoff elimination for the third straight year. Lemaire made the surprising announcement yesterday, four days after the Devils were ousted by the Philadelphia Flyers in five games.

NFL The Jacksonville Jaguars have released two-time Pro Bowl defensive tackle John Henderson, opening up a starting spot for first-round draft pick Tyson Alualu.

SOCCER England midfielder David Beckham says he won't recover from his Achilles injury to play again until November, ruling him out of the entire MLS season.

NFL The New England Patriots yesterday released former Pro Bowl linebacker Adalius Thomas, who joined the team as a high-profile free agent in 2007, but fell into disfavour with coach Bill Belichick last season. THE ASSOCIATED PRESS

SCOREBOARD

NHL PLAYOFFS

YESTERDAY'S RESULTS

Montreal 4 Washington 1 (Series tied 3-3)
Boston 4 Buffalo 3 (Bruins win series 4-2)
Chicago 5 Nashville 3 (Hawks win series 4-2)

TODAY'S GAME

Detroit at Phoenix, 6 p.m. (Series tied 3-3)

NBA PLAYOFFS

YESTERDAY'S RESULTS

Orlando 99 Charlotte 90
Milwaukee 111 Atlanta 104
Phoenix 107 Portland 88

TODAY'S GAMES

Miami at Boston, 4 p.m. (Celtics lead series 3-1)
Chicago at Cleveland, 5 p.m. (Cavs lead series 3-1)
San Antonio at Dallas, 6:30 p.m. (Spurs lead series 3-1)
Okla. City at L.A. Lakers, 7:30 p.m. (Series tied 2-2)

BASEBALL

YESTERDAY'S AL RESULTS

Boston 13 Toronto 12
Detroit 8 Texas 6
Kansas City 3 Seattle 1
L.A. Angels 5 Cleveland 2

YESTERDAY'S NL RESULTS

Chicago Cubs 4 Washington 3 (10 ings)
Florida 10 San Diego 1
Arizona 5 Colorado 3
St. Louis 4 Atlanta 3
Milwaukee 17 Pittsburgh 3
L.A. Dodgers at New York (ppd., rain)
San Francisco 5 Philadelphia 1

Jays drop wild one to BoSox

MLB In a wild, unpredictable game that pressed more than a dozen pitchers into action, the Toronto Blue Jays did everything but score the one run they needed most last night, falling 13-12 at home to the Boston Red Sox.

It was the team's third straight loss, coming at the end of a game that was also the team's highest-scoring of the season.

THE CANADIAN PRESS

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LUSHious wrap

LUSH Cosmetics secured a spot in Hewitt Associates' 2010 top 30 greenest Canadian companies. It's no wonder with initiatives like replacing of the usual product wrap with Knot-Wrap ($6.95) stations where people can swaddle their swag in colourful reusable scarves. METRO NEWS SERVICES

Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

Matching moms makes scents

LIZA HERZ
for Metro Canada

Find the mom on this page that fits your family profile, then show you love her with one of these custom-fit fragrances.

Prada Infusion de Tubereuse, 50 ml eau de parfum spray (edp), $90. Available at Holt Renfrew, Sephora and Shoppers Drug Mart Beauty Boutiques.

1 YUMMY MOMMY

Demi Moore

SHE ...

- Wears heels right through the ninth months of pregnancy.
- Can apply mascara while simultaneously making lunch for the kids.

2 ELEGANT MUMMY

Gwyneth Paltrow

SHE ...

- Never has never gone to work with baby spit-up on her shoulder.

Chanel Chance Eau Tendre, 50 ml. Eau de toilette (edt), $72.) Available May 3 at all Chanel beauty counters.

3 EXECUTIVE MOM

Anna Wintour

SHE ...

- Can covertly check her Blackberry while watching the school play.

Chloé eau de Fleurs Lavande, 100 ml edt, $135. Available at Holt Renfrew, select Bay Department Stores and Murale.

4 SPORTY MOM

Jennifer Garner

SHE ...

- Can beat you at tennis.
- Considers her black yoga pants to be formal wear.

Fruits & Passion Viva! 75 ml edt, $35. Available exclusively at Fruits & Passion stores.

5 SENTIMENTAL MOM

Kate Winslet

GETTY IMAGES

SHE ...

- Still wears the bracelet you made her at camp when you were eight.

Ralph Lauren Summer Romance, 50 ml. edp $70. Available at The Bay, Sears and in Shoppers Drug Mart.

A HEALTHY OUTSIDE STARTS WITH A HEALTHY INSIDE!

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NutraCleanse is an all-natural product designed to supplement the serious lack of fibre in the average diet. It offers a range of health benefits and may even help prevent colon cancer.

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A daily serving costs about 75-85 cents. Please check our website and click RETAILERS for a store near you.

BENEFITS OF DAILY USE

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- Increased energy and vitality
- Maintenance of healthy body weight

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[daily]
This all-natural product makes up for the lack of fibre in your diet and may help prevent colon Cancer

NUTRACLEANSE IS A WEIGHT-LOSS AID TOO!

1. A half hour before each meal, drink a glass of water (1/3 litre).
2. Morning and evening, 15 minutes before meal, mix 2 heaped tablespoons of Nutracleanse into 2/3 cup milk or juice and drink.
3. Eat less at meals, and walk or take other exercise daily.

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NutraCleanse is an all-natural product designed to address the serious problem of lack of fibre in the North American diet.

NutraCleanse is based on a 150 year-old Finnish recipe and is designed to promote optimum regularity and colon health. Our product generally relieves constipation within 24 hours and the problem does not recur with continued use. The all-natural ingredients of NutraCleanse offer numerous additional health benefits including lower cholesterol and blood pressure, rebuilding of skin cells and cartilage, loss of excess body weight, and increased energy and vitality.

Optimally, it is healthiest to have two to three bowel movements daily. Failure to eliminate waste from the body on a daily basis causes a host of problems. It slows down the rate at which wastes move through the colon, leading to toxins being absorbed into the body. This "auto-intoxication" can, over a period of time, cause auto-immune disorders as well as problems such as obesity, gas, bloating, diverticulosis, headaches, depression, even colon cancer.

For optimum colon health, a lifelong daily intake of **25-30 grams** (about an ounce) of fibre is required. The average diet provides under half of this required amount. One serving of NutraCleanse a day provides approximately **60 percent** of this daily recommended intake making it an excellent dietary fibre cleansing supplement.

A Tasty Solution!

NUTRACLEANSE is a delicious, all-natural blend of ground organic flax seed, psyllium and three cleansing herbs designed to promote optimum regularity and colon health. It is easy to use too... just add 1/3 cup (30 grams) to almost any hot cereal or make a NutraCleanse Smoothie. (see recipes) NutraCleanse is also high in protein and Omega 3 fatty acids which are essential for optimum health. **Flax is the highest in Omega-3 of any food.** NutraCleanse therefore provides the body with high-quality nutrients as well as cleansing fibre and lubrication to the colon.

RECIPE #1
On the run?

Just add 1/3 cup or three heaped tablespoons of NutraCleanse to 2/3 cup milk or juice and stir. Enjoy! (Mixture will naturally thicken after 1 minute.)

For these and other tasty NutraCleanse recipes visit our website at www.nutracleanse.biz

NUTRITIONAL INFORMATION 30 g serving = 1/3 cup	
Calories	90
Dietary Fibre	18 g
Fat (Contains the essential fatty acids OMEGA 3+6)	8 g
Protein	4 g

INGREDIENTS

NutraCleanse contains the following all-natural organic ingredients:

Ground Flax Seed
Ground Psyllium Husks
Dandelion Root Powder
Burdock Root Powder
Fenugreek Seed Powder

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INOA no odour!
Getting your hair coloured can be a smelly process but INOA's ammonia-free salon formula gives rich colour without assaulting your nose. Inoa.ca. METRO NEWS SERVICES

It's one hairy issue

The J Spot
Josey Vogels
metronews.ca/thejspot

I'll never forget it. I was 10 and, upon meeting me for the first time, my sister's neighbour asked: "What's your cute little brother's name?"

Okay sure, I was a bit of a tomboy but I somehow knew immediately that it was my new super short haircut that had confused her. "I'm a girl!" I whined rather meekly as my 10-year-old brain was forever etched with the message: Real girls have long hair.

And, an informal Twitter survey seems to back this up. While most men and women agreed that it really depends on the woman, when pressed, most men admit they prefer long hair.

There may be some evolutionary evidence to back them up. According to the lab coats, the quality and length of a woman's hair serves as a marker of genetic strength and overall health and thus, her desirability as reproductive material.

Of course, by this reasoning, women should be all over men sporting long ponytails and, well, let's not go there, shall we? (In fact, for a hilarious and very practical guide to all things men say/do/wear that are dating deal breakers, check out Undateable: 311 Things Guys Do That Guarantee They Won't be Dating or Having Sex.)

Still, in one study published in the research journal Human Nature, researchers found that women who had originally been rated by a test group as being less attractive were rated far more highly when shown with a longer hairstyle.

Interestingly, as they get older, past their reproductive years, most women choose shorter haircuts because they are considered more "age appropriate."

Obviously, we communicate a lot with our hair. And, unlike other parts of our body, it's one thing we can easily change and manipulate. Which is why I actually admire women who can rock a short haircut and look sexy.

It's as if she's thumbing her nose at traditional notions of female sexuality and telling the world that she doesn't have to buy into it. That she can be sexy on her own terms. It almost makes me want to go out and get a sexy, short haircut. If I could only get my inner 10-year-old on board with the idea.

GETTY IMAGES

Actress Ginnifer Goodwin — same lady, different hair cut.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com. Follow her on Twitter @joseyvogels

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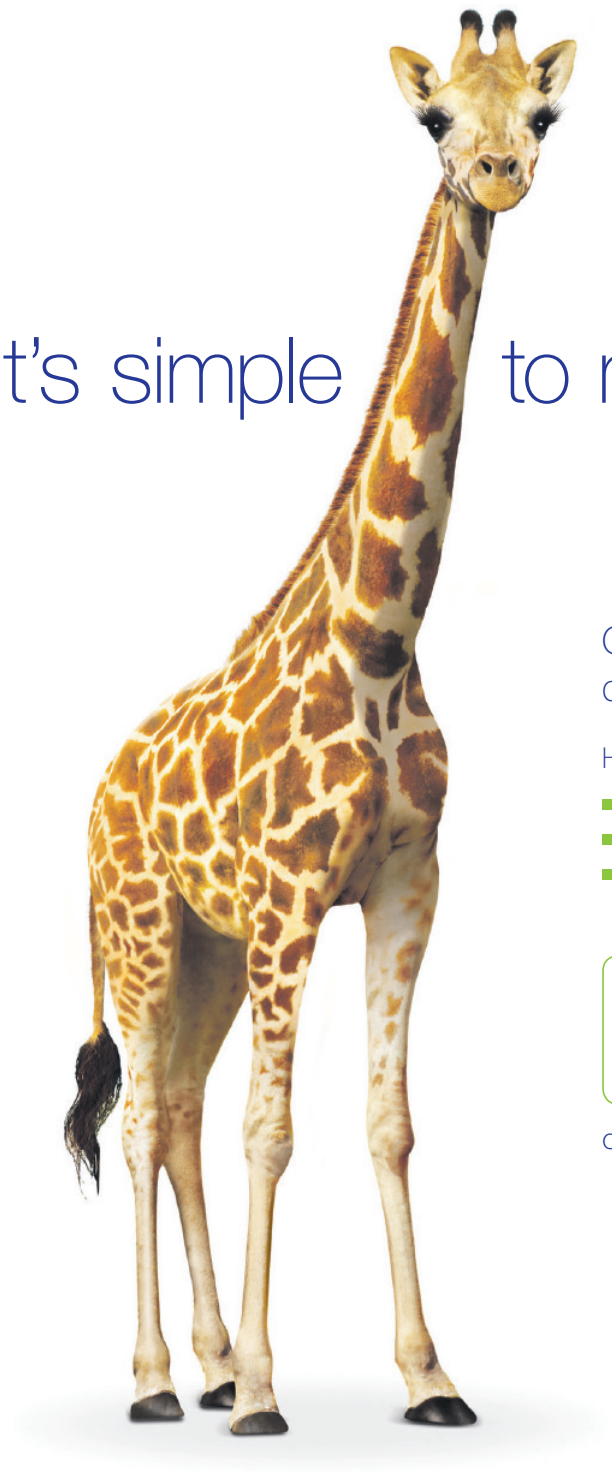

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Avatar a success on DVD

Avatar is maintaining its popularity in the move from box office to home video, with sales of 6.7 million DVDs and Blu-ray disks in the first four days of its release. Twentieth Century Fox reports that James Cameron's sci-fi epic has sold 2.7 million Blu-rays and 4 million DVDs. THE ASSOCIATED PRESS

Entertainment

Bieber fever

A fan stampede forced teen sensation Justin Bieber to cancel a performance in Australia yesterday after a crowd of thousands broke down police barriers. Several girls were injured. THE CANADIAN PRESS

EDITOR: DEAN.LISK@METRONEWS.CA

Warming up to Jakob Dylan

TheAudioFiles

Bryan Borzykowski

metronews.ca/music

The last time I heard anything interesting from Jakob Dylan was 14 years ago — when his band, The Wallflowers, released Bringing Down the Horse. You know that album — it's the one with One Headlight and 6th Avenue Heartache, the record that pushed Bob Dylan's second youngest into a similar spotlight his father occupied 30-something years before.

Unlike his pops, though, he couldn't continue his chart-topping, Grammy-winning ways. I lost track of Dylan somewhere after the third Wallflowers disc came out in 2000, and took a passing interest two years ago, when he released his first solo disc.

But when I heard that he teamed up with T-Bone Burnett — the legendary musician, now Oscar winning songwriter, and producer of Bringing Down the Horse — I thought it was time to give Dylan another try. And after listening to Women and Country, I'm glad I did.

On the surface, the album sounds a lot different than Dylan's old rock band. It's filled with delicate alt-country, soft Americana and touching harmonies from Neko Case and Kelly Hogan. It's not quite as spare as Seeing Things, his Rick Rubin produced, stripped down solo debut, but thanks to the quiet atmospheric hums of reverb, the relaxed vocals and lyrics about self-worth, struggle and, less explicitly, about being a working dad to four kids, this is his warmest record yet.

ASSOCIATED PRESS/LE PHOTO

Women and Country is Jakob Dylan's warmest album to date.

When I told Dylan that Women and Country was coming from a different songwriter than I remember, he disagreed. "I addressed the music as a big band sound, a rock and roll sound, but we had things like pedal steel and horns early on," he says. "It's all the same for me."

He admits that his writing is more "refined" and he now recognizes his strengths. If anything, it's his songwriting maturity that may be the biggest difference between this and his Wallflowers days — he sounds more confident playing alone, and it seems as if, at 40, he's able to embrace the country folk combo he was brought up on.

"I'm drawn to traditionalism," he says. "The instruments that we're using on this album will be played thousands of years from now."

Although Dylan's music now sounds a little more like his father's, he's been fielding questions about his dad for nearly two decades. It's not something that bothers him, at least not anymore. "It is what it is," he says. "There's a misconception for some reason that I've been waiting for it to go away, but I understand it's impossible to think of me and not think of the other."

Even if he took up some other profession he'd still get comparisons, he says. "You don't think I'd be accused of things if I was the head accountant? In any line of work there would be baggage."

The elder Dylan is supportive, he points out, and with an album as good as Woman and Country it would be hard not to be.

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

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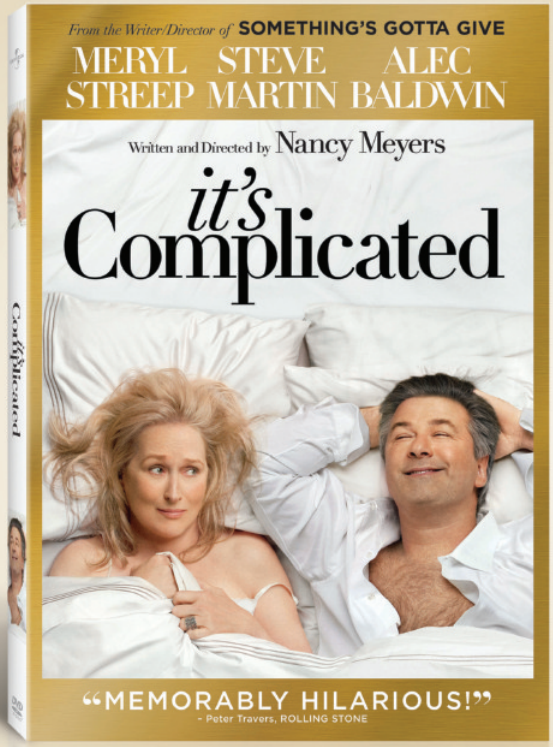
"MOVIES DON'T GET ANY FUNNIER THAN THIS!"
– Pete Hammond, BOXOFFICE MAGAZINE



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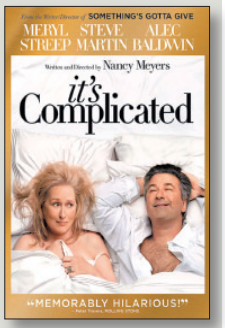
Elwes back in Saw franchise

If you've been wondering just what happened to Cary Elwes' Dr. Lawrence Gordon as the Saw sequels toddled along without him, you'll finally get your answer in the latest outing, Saw VII. Lionsgate has announced that Elwes has signed on to reprise Dr. Gordon. METRO NEWS SERVICES

DVD picks



It's Complicated

Director: Nancy Meyers

ONLY AN ACTRESS of Meryl Streep's calibre could bring some heft — and real laughs — to something as featherweight as It's Complicated, writer/director Nancy Meyers' latest glossy excursion into the travails of the rich and idle.

Streep is Jane, the type of woman who would have been referred to as a wealthy divorcee in movies of an earlier era. She runs an upscale bakery that seems to make money by magic and lives in a Santa Barbara garden home that couldn't be more fabulous — but that doesn't stop her from planning an expensive makeover regardless.

Jane is well past the mourning stage of her failed marriage to the philandering Jake (Alec Baldwin).

The last of her grown-up kids is leaving the nest. She's free to build the kitchen and bedroom of her dreams, to consider cosmetic surgery and to flirt with her architect, a mild gent named Adam (Steve Martin). But then Jake bumbles back into her life and boudoir, and suddenly things get, um, complicated.

Streep's gift for comedy and her magnetic screen presence make this an easy watch and a much more entertaining movie than it might otherwise be. She's well matched with Baldwin and Martin, who are considerably funnier here than were as co-hosts of the most recent Academy Awards.

Peter Howell/for Metro Canada

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Cowboys turn comic

Director fashions laughs out of Canada-set western

STEVE GOW
for Metro Canada

Bill Phillips has a theory about why moviegoers are drawn to westerns.

"There's comfort in (them)," stated the director of Gunless, a new comedy about fictional outlaw The Montana Kid. "The western has evolved but you're still getting those (classic) elements … it's like meat and potatoes, you know what you're going to get."

Phillips knows what he's talking about. A lifelong admirer of the genre ("when I was growing up, there was nothing better than Butch Cassidy & The Sundance Kid"), the Toronto-bred filmmaker crafted the premise of an American gunslinger (played by Paul Gross, ironically) that finds himself stranded gunless in peace-loving Canada years before he even made his 2002 Genie-Award nominated feature debut, Treed Murray.

Gunless opens in theatres Friday

"I will say a western is as much fantasy as science-fiction and we are never going to let truth get in the way of a good story."
Bill Phillips

"There is something about taking those iconic elements," Phillips said of the genre. "You drag that north of the 49th parallel and start playing with it, bringing in the Canadian elements (and) it begs comedy. If it wasn't going to be comedy, I'm not sure what it would be."

As humour-laced as Gunless is, Phillips was careful not to overplay the genre's American iconography maintaining the integrity of accentuating such authentic Canuck curiosities as sod houses and the progressive gun laws of 1880's Canada.

"There is historical accuracy here," explained Phillips. "We did our due diligence but I will say a western is as much fantasy as science-fiction and we are never going to let truth get in the way of a good story."

Phillips didn't let some tough conditions get in the way either. Shooting in Osoyoos, B.C. (Canada's hottest region), the cast and crew had to endure extreme temperatures, dust storms that shut down production and challenges that gave them a real taste of the wild west.

"You'd have to wash your hair two-times to get all the dust out. I don't think anybody got all the dust out of their lungs until two months after the shoot was done," said Phillips before admitting if he had to go back, he might do it all over again. "Making a western, it's a blast. You got a crew of fifty people all playing cowboys and that is a lot of fun."

Director Bill Phillips, second from left, chats with star Paul Gross, sight, on the set of his western-themed comedy Gunless.

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primetime 4/27/10	251	308	CBC	News	To Be Announced					CBC News: The National		(:05) The Hour
	254	-	OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		Omni News: Punjabi Edition		Law & Order: Criminal Intent		Metropia
	250	321	CTV	etalk (CC)	Access H.	American Idol (CC)		The Mentalist "Throwing Fire"		Law & Order: SVU		CTV News
	-	-	JOY	Frasier (CC)	The Insider	Islam 101 (CC)		Enigma (CC)		P3	Diya (CC)	New Day
	252	336	GTV	Entertainment	ET Canada	NCIS "Moonlighting" (N)		Glee "Home" (N) (CC)		The Good Wife "Boom" (N)		News
	256	389	VI	Degrassi: TNG	TMZ (N) (CC)	Dancing With the Stars (CC)		Lost "Ab Aeterno" (CC)		(:02) V "Heretic's Fork" (N)		A News (N)
	253	359	CITY	The Office	The Office	The Biggest Loser A challenge involves wrangling calves. (N)				Parenthood (N) (CC)		EP Daily
	-	-	CW	The Office	The Office	90210 "Multiple Choices" (N)		Life Unexpected (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	CBS	Entertainment	The Insider	NCIS "Moonlighting" (N)		NCIS: Los Angeles "Fame"		The Good Wife "Boom" (N)		KIRO 7 News
	287	379	NBC	Evening Mag.	Inside Edition	The Biggest Loser A challenge involves wrangling calves. (N)				Parenthood (N) (CC)		KING 5 News
	602	568	W	Supernanny "Fager Family"		Style by Jury	Grocery Bag	Beauty Call	Style by Jury	How to Look Good Naked		Beauty Call
	288	380	ABC	Wheel Fortune	Jeopardy! (N)	Dancing With the Stars (CC)		Lost "Ab Aeterno" (CC)		(:02) V "Heretic's Fork" (N)		KOMO 4 News
	-	-	KVOS	M*A*S*H	M*A*S*H	The Adventures of Rocky and Bullwinkle ★ (2000, Comedy)				Seinfeld	King	Cold Case
	291	383	PBS	West Coast	Steves Europe	NOVA "Mind Over Money"		Frontline Vaccination safety.		Independent Lens (CC)		God's Name
	290	382	FOX	Two/Half Men	Two/Half Men	American Idol (CC)		Glee "Home" (N) (CC)		Q13 FOX News at Ten (N)		Family Guy
	-	364	PBS	Frontline Vaccination safety.		Foot in Grave	After You	Tavis Smiley	Charlie Rose (N) (CC)		NOVA "Mind Over Money"	
	296	654	SBK	Frasier (CC)	Frasier (CC)	The Office	Name Is Earl	South Park	Half & Half	Fast Cash	Street Court	Cold Case
	298	653	TLA	Two/Half Men	Two/Half Men	90210 "Multiple Choices" (N)		Life Unexpected (CC)		KTLA 5 News at 10 (N) (CC)		Friends (CC)
	295	651	WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Friends (CC)	Friends (CC)	Maury (CC)	
	297	652	WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Friends (CC)	According-Jim	Family Guy	South Park	Scrubs (CC)
	199	311	STR	CTV News	NTV Latenight News		Late Show W/Letterman		Late Late Show/Ferguson		Inside Edition	Seinfeld
news	502	390	NW	CBC News: The National (N)		CBC News: The National (N)		CBC News: The National (N)		CBC News: the fifth estate		National
	500	500	CNN	Anderson Cooper 360 (N) (CC)				Larry King Live (CC)		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	RSP	Sportsnet Connected (Live)		Hockey	UEFA Champ.	Canucks TV	Week/B'ball	Sportsnet Connected (Live)		Sportsnet
	400	400	TSN	NHL Hockey Detroit Red Wings at Phoenix Coyotes. (Subject to Blackout)					SportsCentre	30 for 30		SportsCentre
	411	457	OLN	Ghost Hunters (CC)		Destination Truth (CC)		Oper. Repo	Oper. Repo	Ghost Hunters (CC)		Ghost Hunters
	410	403	SCR	Score Now		Score Now		Score Now		Score Now		Final Score
	417	406	SC	Dangerous Drives		Pass Time	NASCAR Hub	Race in 60		NASCAR Hall of Fame		Drives
	416	409	GLF	(6:00) Soccer		MLS Weekly	Gol TV News	Toronto-Today	MLS Weekly	Paid Program	Gol TV News	Gol TV News
family	552	543	YTV	iCarly (CC)	Family Biz	Malcolm-Mid.	Hates Chris	8 Rules	Family Biz	To Be Indie	Family Biz	Prank Patrol
	555	545	TEL	Johnny Test	Total Drama	Total Drama	6TEEN	Futurama	King of Hill	American Dad	Futurama	Chicken
	557	541	FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	553	546	TRE	Little Bear	Toopy	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	Franklin (CC)	Comfy Couch
cable variety	268	354	KNO	Frontiers of Construction		Alternative Medicine (CC)		Operation Filmmaker (2007) (CC)			Recreat. Eden	Into the Night
	575	583	CMT	Home Imp.	Home Imp.	Meet-Wilsons	Wilsons	Amer. Funniest Home Videos		Reba (CC)	Reba (CC)	According-Jim
	570	580	MM	(6:30) Muchmusic Countdown		UR11		Gossip Girl (CC)		Love Court	Love Court	MuchMeg
	600	564	H&G	House	House	Holmes on Homes (CC)		Sarah's House	Genevieve	Outdoor Room	Curb/Block	House
	615	520	A&E	The Battle for Late Night The world of late night television. (N)				(:01) Criminal Minds (CC)		(:01) Criminal Minds (CC)		Late Night
	628	584	SPKE	Deadliest Warrior (N)		Crash Test: Real Wrecks		Deadliest Warrior		CSI: Crime Scene Invstgtn.		Trek: Voyager
	521	560	TLC	Chocolatiers	Chocolatiers	Help! I'm Turning Into a Giant		19 Kids-Count	19 Kids-Count	Chocolatiers	Chocolatiers	Ultimate Cake
	616	522	SHO	Relic Hunter (CC)		Love Sick: Secrets of a Sex Addict (2008) Sally Pressman.				Californication	Secret Diary	(:15) NCIS
	620	523	BVO	Spectacle: Elvis		Law & Order "Divorce" (CC)		Without a Trace "Showdown"		Till Human Voices Wake Us ★★ (2002) (CC)		
	601	562	SLC	Wedding SOS	Wedding SOS	ET Canada	What	Real Housewives, Orange		Real Housewives-Atlanta		Runway
	520	505	DIS	Deadliest Catch (N)		Daily Planet (CC)		Destroyed	Destroyed	Deadliest Catch		How It's Made
	522	506	HIS	Aftermath (CC)		Cities of the Underworld		Pawn Stars	Pawn Stars	Nostradamus Effect (CC)		Storm Planets
	627	528	SPC	Fringe (N) (PA) (CC)		InnerSpace	Stargate SG-1	"Evolution"		Star Trek: Next Generation		Star Trek: Voyager (CC)
	294	650	TBS	The Office	The Office	Lopez Tonight		Name Is Earl	Name Is Earl	Sex and-City	Sex and-City	Lopez Tonight
	619	525	TROP	The Celebrity Apprentice (N) (CC)				Dog Whisperer (CC)		End of Leash	Last 10	Tube Tales
	603	561	FN	Chefs vs. City Boston. (CC)		Restaurant Makeover (CC)		Diner, Drive-In	Unwrapped	Dinner: Impossible (CC)		Chefs vs. City
	-	-	AMC	(5:00) The Sand Pebbles ★★★ (1966) Steve McQueen. (CC)				Mission: Impossible ★★ (1996, Action) Tom Cruise, Jon Voight. (CC)				
	626	547	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Fit.-Conchords	Awesome	Daily Show
	320	621	CEN	(6:30) Ties That Bind (2009)		Terminator Salvation ★★ (2009) Christian Bale. (CC)				Eden Lake (2008, Horror) Finn Atkins. (CC)		
	581	566	MTV	The Hills	After	MTV Live	Sex News	The Hills	The Hills	The Hills	After	MTV Live
	261	394	V	Unscripted (N)	CrazyLove	Poltergeist: The Legacy		The Black Stallion ★★★ (1979, Adventure) Kelly Reno, Mickey Rooney. (CC)				
	-	-	MUL	My Queen	Immortal	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics'corner

NCIS

Gibbs and Special Agent T.C. Fornell (Mark Harmon, guest star Joe Spano) and the team try to uncover the truth when a polygraph specialist's night job takes a dangerous turn that leads to murder in the new episode "Moonlighting." Michael Weatherly, David McCallum and Pauley Perrette also star. 5 PM on STR, 8 PM on CBS, GTV

Style by Jury

It's a familiar and touching story: An immigrant mom works her you-know-what off to make a better life for her children. That's the story told in this new episode featuring 52-year-old Afshan, a caregiver and coffee-shop worker who's put taking care of herself on the back burner and forgotten to turn the burner on. Enter host Bruce Turner and the style team to help her turn up the heat and release the exotic beauty within. 8 PM on W

Parker taking a break from acting

Sarah Jessica Parker is taking a break from the big screen to work as a museum tour guide. The Sex and the City star has agreed to record an audio guide for the Metropolitan Museum of Art in New York, according to Hollyscoop. METRO NEWS SERVICES

Celebrity Buzz

Lohan hurls drink at Ronson

MAYBE SAM WAS THIRSTY Lindsay Lohan appears to be taking out her frustrations over her career and personal problems on ex-girlfriend Samantha Ronson.

The troubled starlet reportedly hurled a drink at Ronson while hanging out at L.A. nightclub Trousdale, according to Gatecrasher.

"It was ridiculous," a source says.

"Sam was sitting at a table, and Lindsay came up from behind and tossed an entire drink at her. Sam looked livid but just let it go. Why people even let Lindsay inside their establishments anymore is beyond me."

Despite her very public problems recently, Dina Lohan insists her daughter is doing just fine and is a perfectly fine role model for younger sister Ali Lohan, who is following the career path blazed by her older sister.

"Lindsay is absolutely, 100 per cent, not (a bad influence)," Dina tells People magazine.

"Ali is amazing. She loves her sister. Would I let my daughter go anywhere that's dangerous?"

Dina insists the real concern is ex-husband and father of both children, Michael Lohan.

"Ali and Lindsay need to be protected from their ex-father. That's the dangerous situation," she says.

"He's creating a worse situation for everyone."

METRO NEWS SERVICES

Smith reaches out to Bullock after affair

I'M SURE SAYING SORRY WILL SOLVE EVERYTHING Melissa Smith, the second woman to come forward as one of Jesse James' mistresses, has apologized to Sandra Bullock.

Smith faxed a letter to the Oscar-winning actress, taking responsibility for the affair, TMZ reports.

In the letter, Smith wrote: "I felt I needed to reach out to you and tell you how deeply sorry I am for everything that you've been through."

"And I know nothing I can say in this letter is going to make the pain of my actions go away," she continued.

"I am sorry for any hurt or pain that I have caused you."

METRO WORLD NEWS

Mayer to quit Twitter?

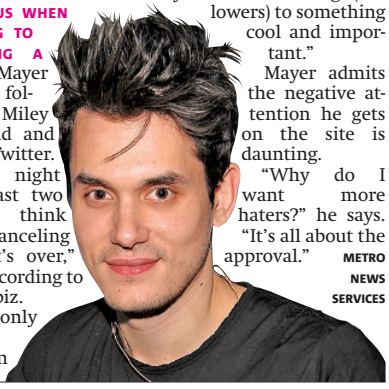
HOPEFULLY HE'LL UPDATE HIS TWITTER ACCOUNT AND TELL US WHEN HE'S GOING TO QUIT BEING A TWIT John Mayer may be following Miley Cyrus' lead and quitting Twitter.

"Every night for the last two weeks, I think about canceling Twitter. It's over," he says, according to Ace Showbiz.

"The only positive thing on Twitter is saying, 'Thank you' and directing (followers) to something cool and important."

Mayer admits the negative attention he gets on the site is daunting.

"Why do I want more haters?" he says. "It's all about the approval."



METRO NEWS SERVICES

Pattinson rolling in money

PROVING ONCE AGAIN YOU DON'T NEED TALENT TO BE RICH Twilight has certainly been good to Robert Pattinson.

The young star has been named one of the wealthiest actors in the U.K. Under 30, according to the Sunday Times.

With a reported $20 million, Pattinson is sitting pretty at No. 5, but he's nowhere near the list's top earner, Harry Potter star Daniel Radcliffe, with $63 million. Radcliffe's co-star Emma Watson landed third with $33 million.

METRO WORLD NEWS

'I'm no pushover': Cavallari

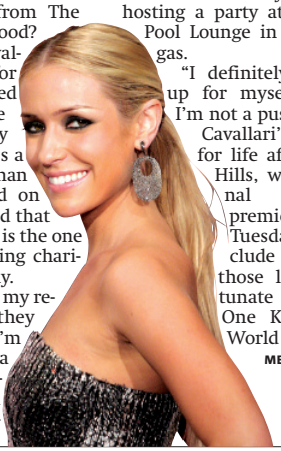
AGREE WITH HER OR ELSE Has the bad girl from The Hills turned good?

Kristin Cavallari, known for her unvarnished opinions on the MTV reality show, says she's a better person than she's portrayed on the show — and that the real Kristin is the one who's been doing charity work recently.

"If you asked my real friends, they would say I'm definitely not a bitch," Cavallari, 23, told People Magazine on Saturday while hosting a party at Liquid Pool Lounge in Las Vegas.

"I definitely stand up for myself, and I'm not a pushover."

Cavallari's plans for life after The Hills, whose final season premieres Tuesday, include helping those less fortunate via the One Kid One World charity.



METRO NEWS SERVICES

Jersey Shore star gets booze dumped on her

CAN WE CONFIRM THIS 'MAN' WAS NOT LINDSAY LOHAN? Last season on The Jersey Shore, a man threw a punch at Nicole "Snooki" Polizzi.

This season?

Just a drink.

The newly single MTV reality star, 21, was doing shots with Jenni "JWOWW" Farley, 23, at Ocean's 10 bar in Miami Saturday at 6 p.m. when a man approached her, usmagazine.com reported.

A confrontation escalated and Snooki threw food at the man.

The unknown guy retaliated by dumping his own drink all over Snooki.

METRO NEWS SERVICES

I was seduced by two older women: Michael Douglas

BUT DON'T TELL MY MOMMY Michael Douglas confesses to Elle magazine that he learned everything he needed to know about sex when he was seduced by two of his mother's friends at age 16, though he refuses to name names since his mom, actress Diana Dill, still doesn't know about the escapade.

"I wouldn't want to get any of them in trouble," Douglas tells the magazine.

"Though they're probably dead now."

METRO WORLD NEWS

Follow these celebrities on Twitter...

CelebTweets

SAMANTHA RONSON has a tough night out at the club, **JUSTIN BIEBER** is upset his Australian concert got canceled, **KIRSTIE ALLEY** is overdoing it and **KATY PERRY** likes to be prepared.

@samantharonson Just got a glass thrown at my head..... Hmmm- wonder who did it????

@kirstiealley Now get this...I am embarrased to tell...I was working out and I.....threw my back out

@katyperry Starting vitamins when sick is like saying a prayer when the plane is going down.

@justinbieber I WANT TO MAKE THIS CLEAR...I DONT CANCEL...I WOKE UP THIS MORNING TO THE POLICE CANCELING THE SHOW FOR SAFETY REASONS

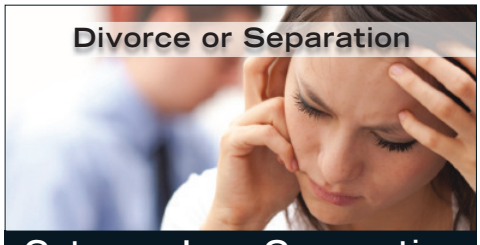
METRO NEWS SERVICES

Cornish getting over Phillippe

APPARENTLY IT WASN'T TOO HARD Abbie Cornish appears to have moved on from ex-boyfriend Ryan Phillippe, as the Australian actress was spotted getting cozy with Josh Hartnett at a New York watering hole recently, according to the Huffington Post. A source says the pair talked for a while at the bar of Warren 77 before retiring to a corner table in the back, where they stayed until about 1 a.m.

METRO WORLD NEWS

Divorce or Separation



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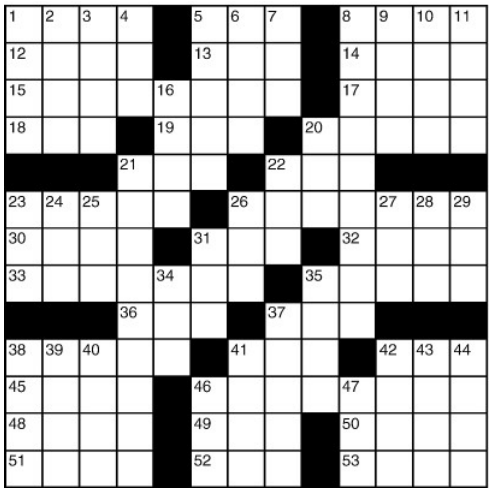
Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		5					9	6
	9	1		5	3			
8			7					
4		9	1		2			
	6						3	
			6		7	1		4
					1			8
			4	8		3	7	
3	5					2		

ACROSS

1 Have on
5 Taxi
8 Distort
12 "It's a Sin to Tell —"
13 Eggs
14 "Do — others ..."
15 Jeff Probst's show
17 Nevada city
18 Thickness
19 Morning moisture
20 Sandwich necessity
21 Adjective for 22-Down
22 Adversary
23 Debate topic
26 Prime Minister's street
30 Norse thunder god
31 Carton
32 Defeat decisively
33 Greedy
35 Tilts
36 Lingerie item
37 Otologist's subject
38 .What Nixon denied being
41 Over-active one?
42 Center
45 Tibetan monk
46 Take unawares
48 Gray hair cause
49 Favorite
50 Looked at
51 Repair
52 Blond shade
53 Root beer brand

DOWN

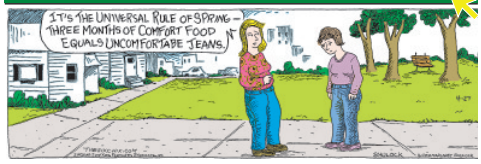
1 Nasty stinger
2 Hebrew month
3 Ethereal
4 Gun the engine
5 Small flock
6 Acknowledge
7 Tavern
8 Cry uncle
9 Dandling site
10 Sicilian spouter
11 Unfinished furniture?
16 Between assignments
20 Acknowledge applause
21 "Hanging ten" need
22 Hounds' prey, perhaps
23 "Monty Python" opener
24 That girl
25 Scale member
26 Homer's interjection
27 A Gershwin
28 Sister
29"Pygmalion" playwright's monogram
31 Merit badge org.
34 Annoy
35 Genie's quarters
37 Third rock from the sun
38 Untalkative one
39 Anger
40 Portent
41 Colors
42 Casual greeting
43 Secondhand
44 Foundations
46 Hot tub
47 Roulette bet

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

6	4	1	5	9	7	2	3	8
5	2	8	6	4	3	7	1	9
3	7	9	2	1	8	5	4	6
8	1	2	3	7	4	9	6	5
9	5	4	8	6	1	3	7	2
7	6	3	9	5	2	1	8	4
2	8	5	7	3	6	4	9	1
4	9	7	1	8	5	6	2	3
1	3	6	4	2	9	8	5	7

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Red Beans and Rice

INGREDIENTS:

1 1/4 cups dried red beans or red kidney beans, soaked
1 ham hock (500 to 700 g)
1 large yellow onion, chopped
2 stalks celery, sliced
2 bay leaves
2 cloves garlic, minced
1 1/2 tsp dried thyme leaves
1/4 tsp each salt and black pepper
1 cup uncooked long-grain white rice
1/4 cup minced parsley

METHOD:

1. In Dutch oven, combine water, soaked beans, and ham hock. Bring to boil. Lower heat and simmer, covered, for 1 to 1 1/2 hours or until beans are tender. Drain beans, reserving 2 cups liquid. Remove 2 cups beans from Dutch oven. Slightly mash these beans, then return to Dutch oven. Remove ham. When bone is cool, remove meat. Discard bone. Cut meat into bite-size pieces; return to Dutch oven.

2. Stir in reserved liquid, onion, celery, bay leaves, garlic, thyme, salt and pepper. Bring to boil, then simmer, covered, 30 minutes or until vegetables are tender, stirring occasionally. Discard bay leaves. Meanwhile, cook rice according to package directions, omitting butter and salt. Spoon bean mixture over rice. Sprinkle with parsley. Serve.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
The planets are urging you to get rid of something you no longer need, something that is holding you back from success.

TAURUS
APRIL 21-MAY 21
Don't be too harsh on someone who has not lived up to your expectations. The important thing is that they tried

GEMINI
MAY 22-JUNE 21
Do you pretend that your feelings do not exist or do you express them fully and openly? Emotion must not be denied.

CANCER
JUNE 22-JULY 22
You may not be the sort to joke about serious subjects but try not to get too cross with someone who takes a flippant attitude

LEO
JULY 23-AUG 23
Let employers and other important people know that you are a force to be reckoned with and must not be ignored.

VIRGO
AUG 24-SEPT 22
A certain viewpoint may seem attractive but if your instincts tell you to be wary then you would be wise to hold back.

LIBRA
SEPT 23-OCT 23
If someone you usually get along with is unusually critical today chances are it is because their emotions are up in the air

SCORPIO
OCT 24-NOV 22
You won't see eye-to-eye with partners and colleagues over the next two or three days but that's not necessarily a bad thing.

SAGITTARIUS
NOV 23-DEC 21
This is no time for wishful thinking. You know what needs to be done and you know you must do it soon or it will pass you by forever.

CAPRICORN
DEC 22-JAN 20
If a loved one says they want to spend some time alone you must not be offended. It is no reflection on you

AQUARIUS
JAN 21-FEB 18
It will be easy to get frustrated about a family problem today but that won't solve anything.

PISCES
FEB 19-MARCH 20
Give yourself permission to dream about things that other people say are impossible or irresponsible.

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+Taxes & other fees (including service charges): $221

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CUBA

Santa Clara

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MEXICO

Cancun / Riviera Maya via Toronto

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All-Inclusive • Deluxe rm.
June 11 • 1 wk.
+Taxes & other fees (including service charges): $300

$1049

MEXICO

Los Cabos

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All-Inclusive • Junior suite
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+Taxes & other fees (including service charges): $266

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